

KENT VALLEY ROAD CLUB

Saturday, June 24th 2023 starting at 18.01hrs
Midsummer Charity 10 (course L1015)

Promoted for and on behalf of Cycling Time Trials under its rules and regulations

Event secretary:
Tim Bennett
105a North Road,
Carnforth,
Lancashire,
LA5 9LX
Tel. 07523 864986

Timekeepers: Mrs Margaret Belk and Derek Black.

COURSE L1015

START in lay-by alongside the A590 approximately 500 yards south-west of junction with southbound A6 in line with the three white marks on kerb edge which are 20 yards west of a drainage grate which is 5 yards west of the eastern end of footpath and 25 yards east of a drainage grate almost in line with the SOS telephone point. This mark is directly in line with a wooden fence post with two angled supports in the hedge and almost in line with a 'Please take your litter home sign'.

Proceed along the A590 in a south-westerly direction to encircle the roundabout on Lindale by-pass (5.243 miles).

Retrace along the A590 to FINISH in line with the metal cover in northern grass verge embossed 'Charlton Iron Works Sheffield' which is approximately 12 yards east of large road sign on slip-road to the A6 approximately 90 yards short of Levens Bridge/Levens Village road (10 MILES).

EVENT HQ is in lay-by of approach road to Sizergh Castle (LA8 8DZ), which is signposted off the A590 immediately after leaving the Brettargh Holt roundabout junction with the A591, heading towards Barrow.

ALLOW a good seven minutes to ride round the Brettargh Holt roundabout then west along the A590 to the lay-by start at the top of Levens Brow.

In addition: can all riders note the regulations and in particular No 15. Breaches of the regulations will be reported to CTT.

Cycling Time Trials – North D.C. 2023 – Local Regulations L1015, L2524, L308

The following Local Regulations have been approved by the National Committee in accordance with Regulation 38 Any breaches may lead to disciplinary action being taken.

CTT Regulation 14 Competitors Machine – FRONT WHITE LIGHT & REAR RED LIGHT.
NO COMPETITOR shall be permitted to start either a Type A or Type B event unless such competitor has affixed to the front of their machine **A WORKING FRONT WHITE LIGHT**, either flashing or constant, that is illuminated and in a position that is clearly visible to other road users. **A WORKING REAR RED LIGHT** must be affixed to the rear of the machine, that is illuminated and in a position that is clearly visible to other road users

Regulation 17: Signing-on Sheet and Signing-Out Sheet:

- (a) The Competitors in all types of events must make themselves aware of any special safety instructions for the event and sign the official Signing-on Sheet when collecting their number.
- (b) In Type A events a competitor must return to the events HQ either during the event or within a reasonable time after the last rider has finished the event and must (i) return their number and (ii) sign the official Signing-Out Sheet

Local Reg No 5

For the duration of the event, competitors must not ride past the timekeepers, except when actually competing.

Local Reg No 6

Any competitor making a 'U' turn in the vicinity of the start or finish will be disqualified from the event

Local Reg No 10

Course L1015, L2524 & L308 – warming up on the course is not permitted during the duration of the event.

Local Reg No 12

No parking on the car park or on the frontage of the Strickland Arms.

Local Reg No 15

Riders must keep to the left-hand side of the road except when overtaking. Failure to comply with the above may lead to disqualification.

IN ADDITION TO THE ABOVE

Riders must give their number at the finish and elsewhere on the course if requested.

Riders must NOT STAND in the road at the start or finish. (This constitutes obstruction and is a breach of Regulations).

Riders must NOT ride with their heads down.

Helmets:

All competitors **MUST** wear a HELMET of HARD/SOFT SHELL construction that conforms to a recognised Standard (See Regulation 15).

The proceeds of this event will be donated to Cancer Care – a local charity providing support to those with cancer and other life limiting conditions.

<http://www.cancercare.org.uk/>